June 28, 2004

Guru Ji testimonial – Jim Black

I am a 36 year old male who has been very physically active and fit most of my life. Since my late teens I have suffered many different minor ailments such as bronchitis, pneumonia, hernia, torn knee cartilage, torn knee ligaments to name a few. Due to my superior physical shape I was always able to bounce back from these illnesses relatively easily.

In November 2000, I awoke one morning to find out I had gone blind in one eye. A month later the symptoms of pain began to show throughout my body. I was fatigued without reason and noticed that I was incapable of being as physically active as I once was. Over the next four years the symptoms of my illness changed and varied, I would never really say that there was a day that I did not have some symptom or another to a varying degree and over time the intensity and duration of symptoms were becoming longer and more intense.

I experienced chronic pain of a level of 9-10, on a scale of 10, every day. The majority of the pain was centred in the muscles of my upper abdomen and chest. The pain was very little affected by pain relievers such as Tylenol and Percoset. I experienced intermittent muscle spasms and tremors in my body, again to varying degrees and intensity. I also experienced overall physical weakness and at times could not even lift my 15 pound son out of his crib. There was also numbness in my hands and feet, tingling pins and needles feelings and a diminished sensitivity to touch in my entire body.

As far as my mental function was concerned I was always in a fog, my mind would clear slightly from time to time, but I never felt I was back to my "old self" even on a good day. Sleeping was difficult I found that if I slept longer than 5-6 hours the intensity of the pain would be worse by morning. Falling asleep was difficult due to the pain, as was staying asleep. Pain and stiffness were worse in the morning and would tend to loosen up slightly by midday or evening.

I was very sensitive to temperature changes, particularly heat. I would avoid going out in the heat of the day or into hot tubs. Cool swimming pools and extreme cold would also worsen the pain, stiffness and fatigue.

My eyesight came and went five times during the past five years in one eye or the other. My eyes were always very dull and bloodshot, some days I looked like an alcoholic they were so red. My skin tone was a greyish-white colour, with a swollen look to my skin. On bad days I walked with a slight limp, I would slump over and walk like an eighty year old man.

I am now up to almost 100% of my normal daily activities before this illness began. At my worst from December 2003 to April 2004 I was accomplishing about 40% of my normal activities and would suffer all of the time from my symptoms. I have been told by several doctors that most people would have been in bed or in a hospital.

I have now had a total of six blessings with Guru Ji. It has been 11 weeks since my first blessing on April 8, 2004. I have now been completely free from pain for 19 days and am feeling more like my old self every day. I have not experienced any muscle spasms, tremors, weakness or numbness that have been occurring for the past four years. No pain or stiffness in the morning at all. I have a clarity of mind that I have not experienced in over four years, my mental sharpness and ability are as good as ever. I have no difficulty falling asleep, I do still take 1 capsule of a herbal supplement for sleeping and 4000 iu's of Vitamin D per day, but that is all the medication I am taking. At the worst of my symptoms, I was taking 3-4 Percaset per day and 2-3 herbal sleeping supplements. I am able to remain in bed for as long as necessary in order to get a good night's sleep and wake up feeling rested and alert. My skin is a fresh pink, healthy colour and my eyes have a good healthy sharpness, there are no more broken blood vessels. My physical activity level is increasing daily with my energy, and although I am way out of shape, I am focussing on completing a marathon again by the time I'm forty.